

“Lesson” Clarification

The Situation:

- Neither Federal EFNEP nor CNEP has a clearly defined definition of “lesson” as it pertains to the ERS enrollment/exit form.
- Definitions may vary from unit to unit.
- We have established an ERS filter so we can determine behavior changes based on number of lessons.

What we know:

- **Topics** are nutrition related issues such as “Food Guide Pyramid”, “Understanding Food Labels”, “Food Safety”, and others listed on the CNEP Teaching Record Log.
- A **lesson** is an in depth learning experience.
- A **lesson** on a single **topic** can take 30-60 minutes to be covered thoroughly and be a positive learning experience for the participant.
- It may take more than one **lesson** (learning experience) to cover some **topics**.
- Some **lessons** may need to be repeated/re-taught depending on the participant’s progress or needs.
- Some NEAs may teach a group for a larger block of time than the traditional 30 to 60 minutes. Some of these sessions may be 2 to 3 hours or longer.
- A thorough food recall or the review of a food recall can be educational.
- We want to encourage NEAs to take the time to do thorough food recalls and review the results of the recalls with participants.

Lesson Definition

- **A lesson is a learning experience that covers a single nutrition topic for a minimum of 30 minutes.**

- It may take more than one lesson to cover some topics and some lessons may need to be revised or repeated based on the needs of the participant(s).
- On occasion, NEAs may work with participants for extended blocks of time, i.e. 2-3 hours for one to two weeks. They may cover 2 or more topics during this block of time (2-3 hours). Each topic covered may be considered a lesson if it is covered in-depth, with opportunity for discussion and/or activities, for a minimum of 30 minutes. Delivering lessons in this manner should only be done after consulting with the Area Coordinator.
- A food recall may be counted as a lesson if it is very thorough and the NEA and participant spend time after the recall* discussing short and long-term goals to improve the participants eating habits.
- A review of the ERS food recall report (computer printout) may be counted as a lesson if it lasts a minimum of 30 minutes and the NEA and participant discuss long and short term goals to improve the participants eating habits.
- Reviewing the CNEP Behavior Checklist Survey* may be counted as a lesson if the review takes at least 30 minutes and the NEA and participant discuss long and short-term goals to improve the participants behaviors.
- The NEA may count one lesson when the food recall and survey are taken at the same time and the NEA and participant spend a minimum of 30 minutes discussing goals and/or progress.

***Do not educate while taking the recall or survey, as they may not be as accurate.**

Review the following case scenarios and circle the number of lessons the NEA may count.

Nelda NEA visits a new CNEP participant for the first time. During her visit, she explains the program, does a 24-hour food recall and completes the survey. After the forms are complete, she schedules a time she can return the following week, thanks the participant for her time and leaves. She has spent almost an hour at the new enrollees home. How many lessons may she count during this visit?

0 1 2 3 4

Nora NEA has a group of enrolled CNEP participants she teaches at the local Technology Center. The participants will only be at the Tech Center for a total of 3 weeks. After discussing this with the Area Coordinator Nora decides to work with this group on Monday, Wednesday, and Friday for the three weeks. The director of the Technology Center agrees with this schedule and allows Nora to hold her classes from 9:00 a.m. to noon on each of these days. On her fourth visit, she teaches about the importance of fruit in the diet for an hour and then has about 30 minutes of fun activities that include a fruit salad the participants prepare. Next, she teaches for 45 minutes about the importance of eating the recommended number servings of vegetables. She then leads the group in a rousing game of vegetable bingo that last 45 minutes. How many lessons may she count for this visit?

0 1 2 3 4

Nellie NEA spends an hour teaching a CNEP participant the meat and protein group of the Food Guide Pyramid. This participant marked that she always thaws her food at room temperature on her CNEP Behavior Checklist Survey so Nellie makes sure to mention several times during her lesson the importance of storing and preparing foods in the meat and protein group safely. How many lessons may the NEA count during this visit?

0 1 2 3 4